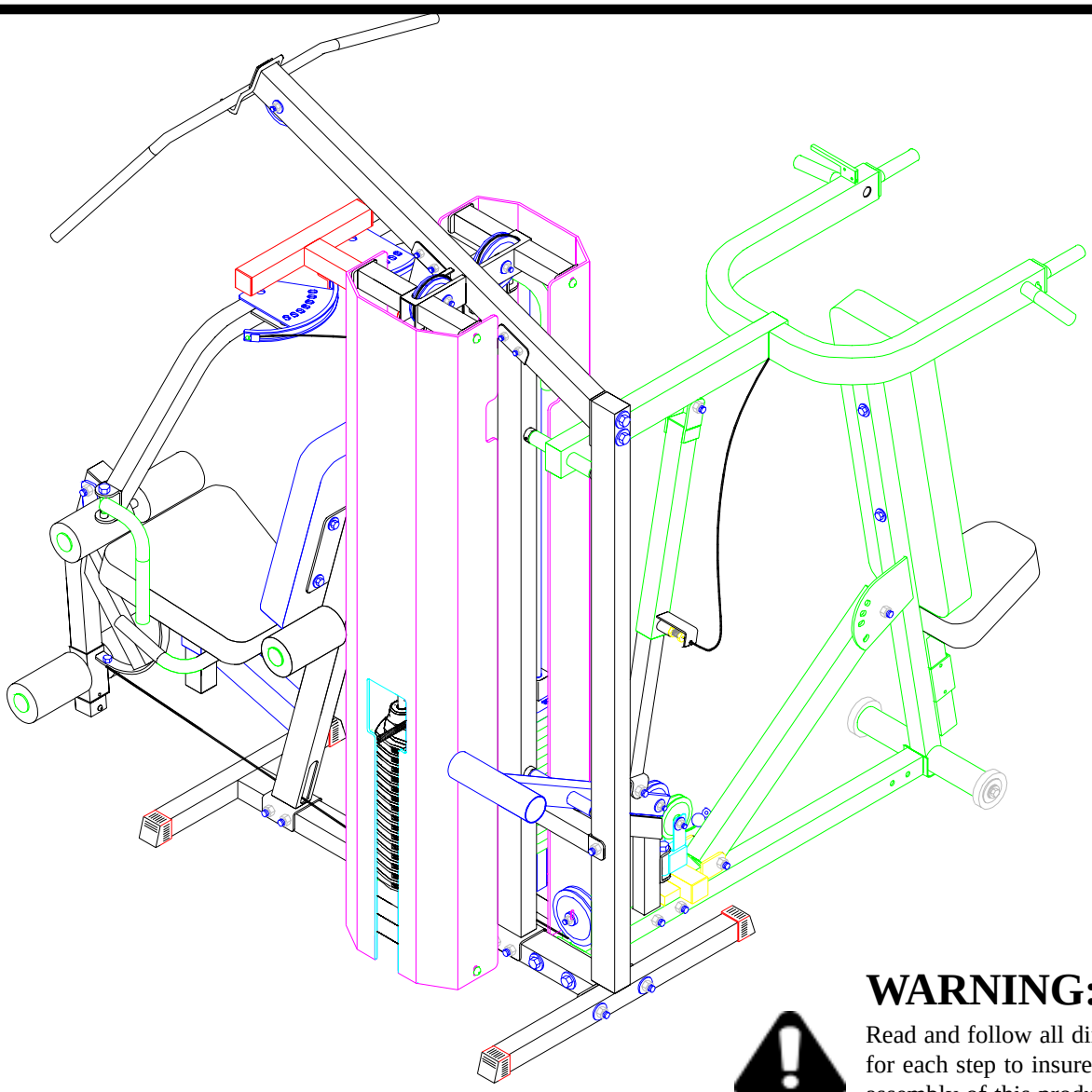
PARABODY®

663 660 SECOND STACK OPTION



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.

USER'S GUIDE

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IMPORTANT SAFETY INFORMATION

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES**!**

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2. Obtain a medical exam before beginning any exercise program.

3. Keep body and clothing free of all moving objects.

4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.

6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.

7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.

9. Children must not be allowed near this machine. Supervise teenagers.

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NOTE: In a continual effort to improve our products, specifications are subject to change

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IMPORTANT NOTES

Please note:

* Thank you for purchasing the ParaBody 663 660 Second Stack Option. Please read these instructions thoroughly and keep them for future reference.

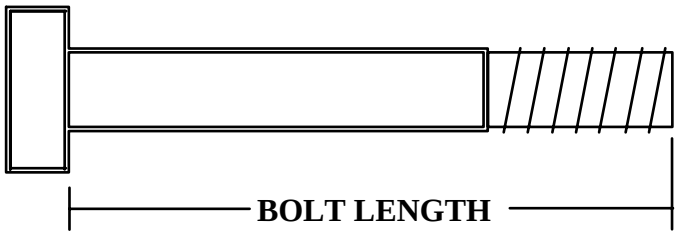
* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

Tools Required for Assembly

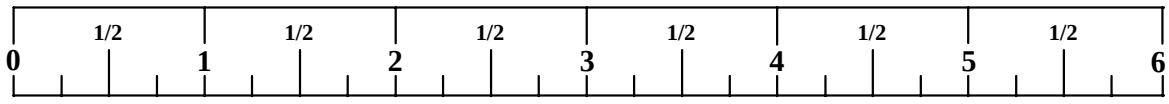
* Rubber mallet or hammer
* 3/4” wrench
* 9/16” wrench
* Ratchet with 3/4” and 9/16” sockets
* 7/32” Allen wrench
* Adjustable wrench
* Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



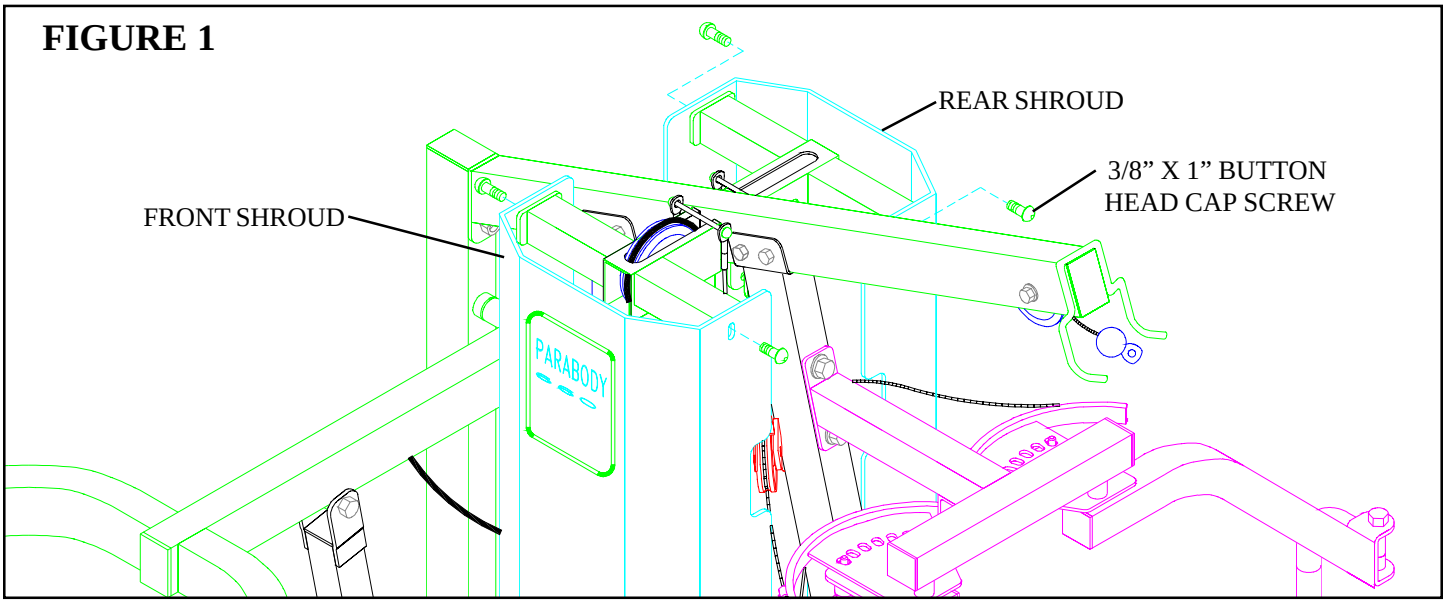
BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6523401	GUIDE ROD	2	10	6978101	WEIGHT STACK LABEL	1
2	7095701	WEIGHT STACK SHAFT	1	11	3102909	3/8 X 1” BOLT	1
3	7012102	WEIGHT STACK SPACER	2	12	6480301	3/8” FLANGE SPACER	2
4	6957302	HEAD PLATE	1	13	3102922	3/8 X 2-3/4” BOLT	1
5	7032302	PRESS-STACK CABLE	1	14	3102802	3/8” LOCK NUT	1
6	3116101	4-1/2” PULLEY	1	15	3102503	3/4” WASHER	2
7	6972201	WEIGHT STACK PIN	1	16	6939202	WEIGHT PLATE	15
8	3108002	WEIGHT STACK CUSHION	2	17	6382301	WEIGHT PLATE BUSHING 10 CT.	3
9	3117401	CAP PLUG	4	18	3221702	E-RING	1

FIGURE 1



STEP 1

- **REMOVE** the four 3/8” X 1” BUTTON HEAD CAP SCREWS from the top of the front SHROUD & rear SHROUD. See FIGURE 1.

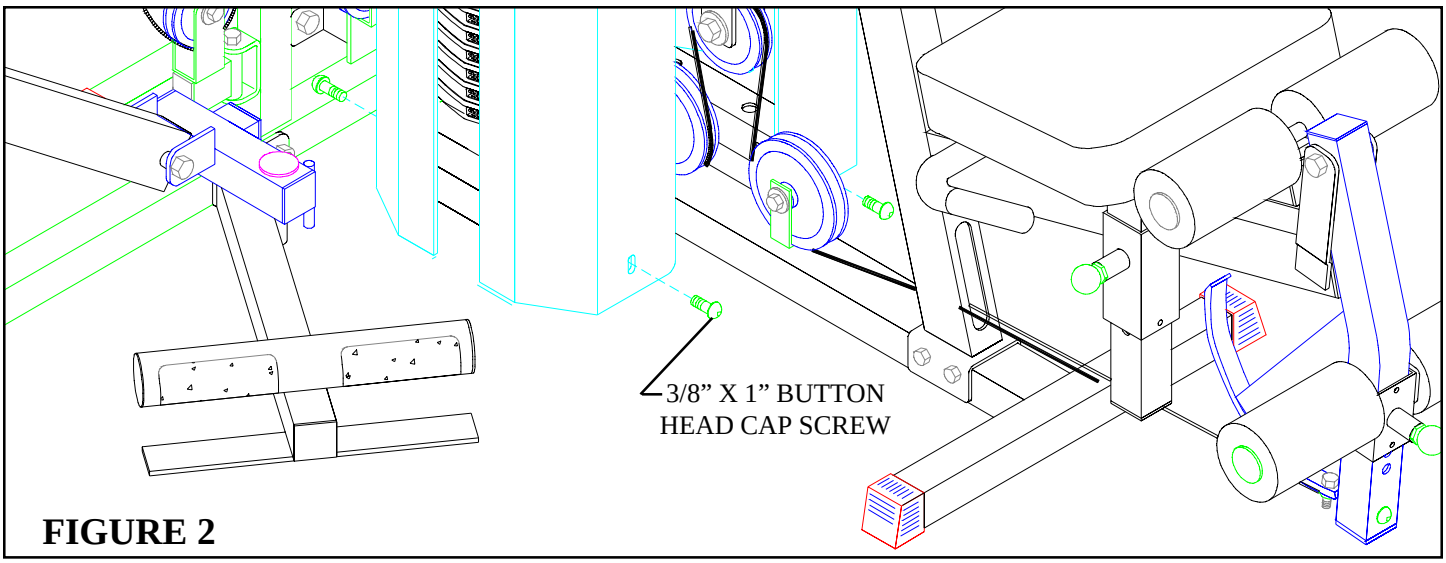


FIGURE 2

STEP 2

- **REMOVE** the four 3/8” X 1” BUTTON HEAD CAP SCREWS from the bottom of the front SHROUD & rear SHROUD. Remove the SHROUDS from the 660101 HOME GYM. See FIGURE 2.

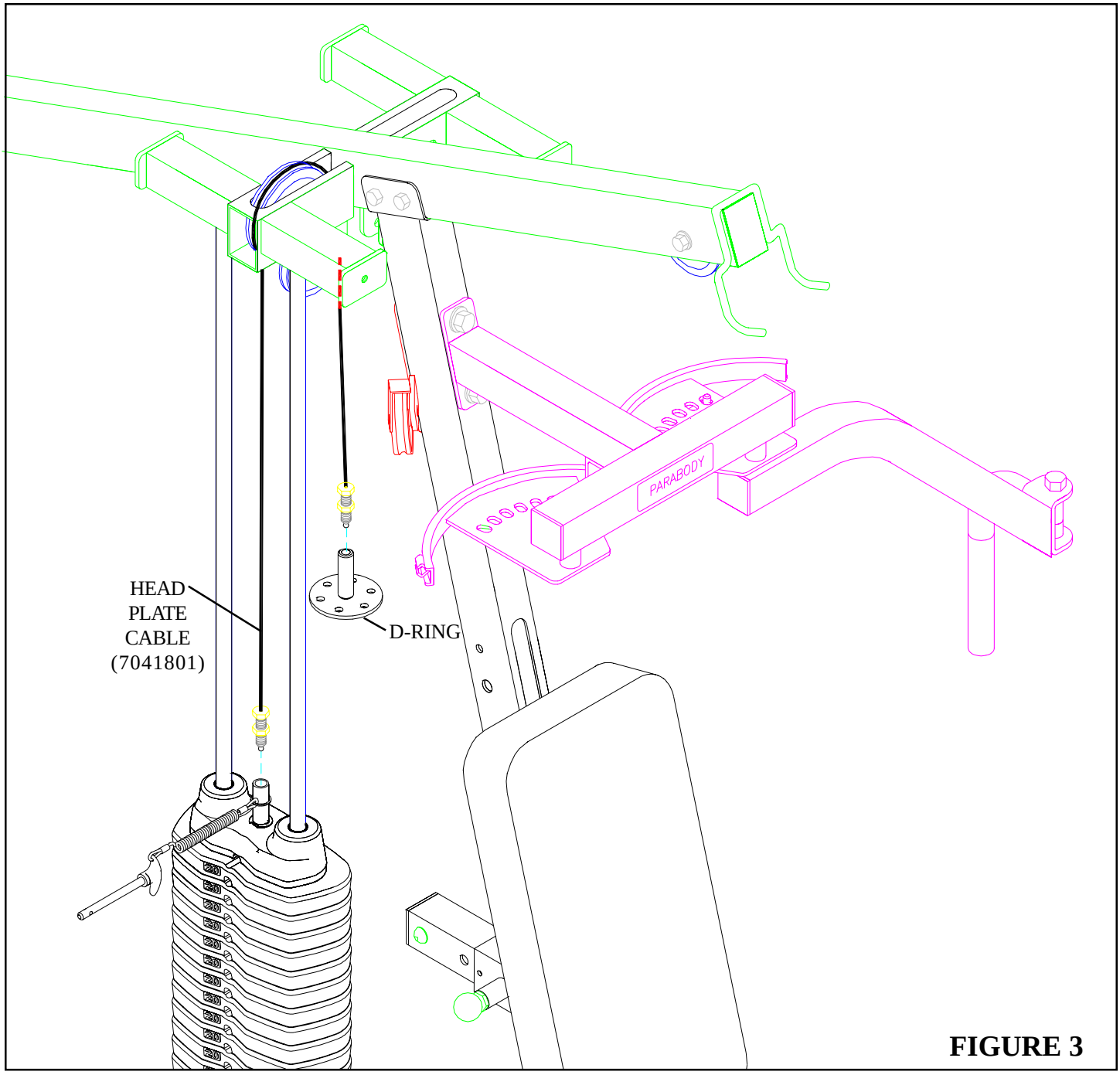


FIGURE 3

STEP 3

- Unscrew the threaded ends of the HEAD PLATE CABLE from the WEIGHT STACK SHAFT & the D-RING and remove HEAD PLATE CABLE. The HEAD PLATE CABLE will be used later. See FIGURE 3. **(NOTE: Remove pulleys for ease of removal.)**

STEP 4

- Remove the PRESS CABLE (67249) from the KEYHOLE CLEVIS and ELASTIC CORD. **(NOTE: The LAT or LEG EXT CABLE can be moved over one hole on the D-RING so the KEYHOLE CLEVIS are evenly spaced .)**

- Discard the KEYHOLE CLEVIS and ELASTIC CORD.

FIGURE 4

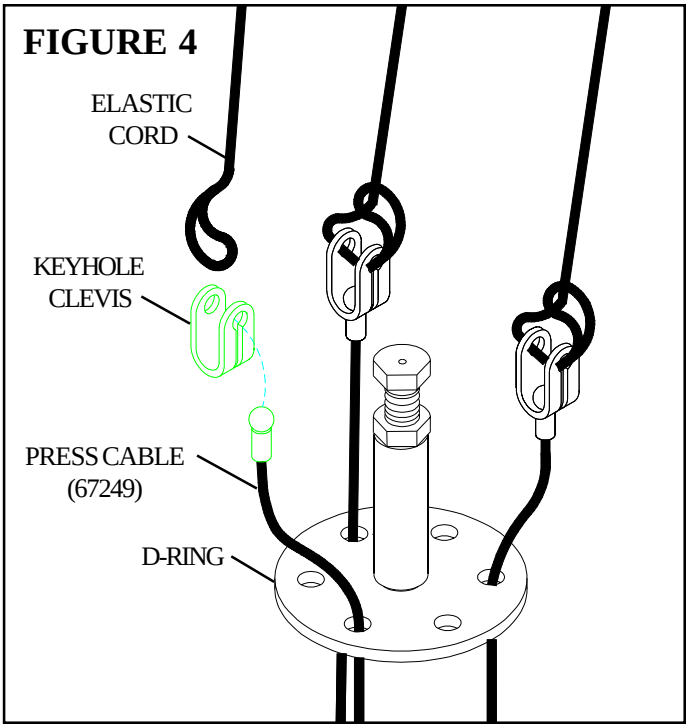
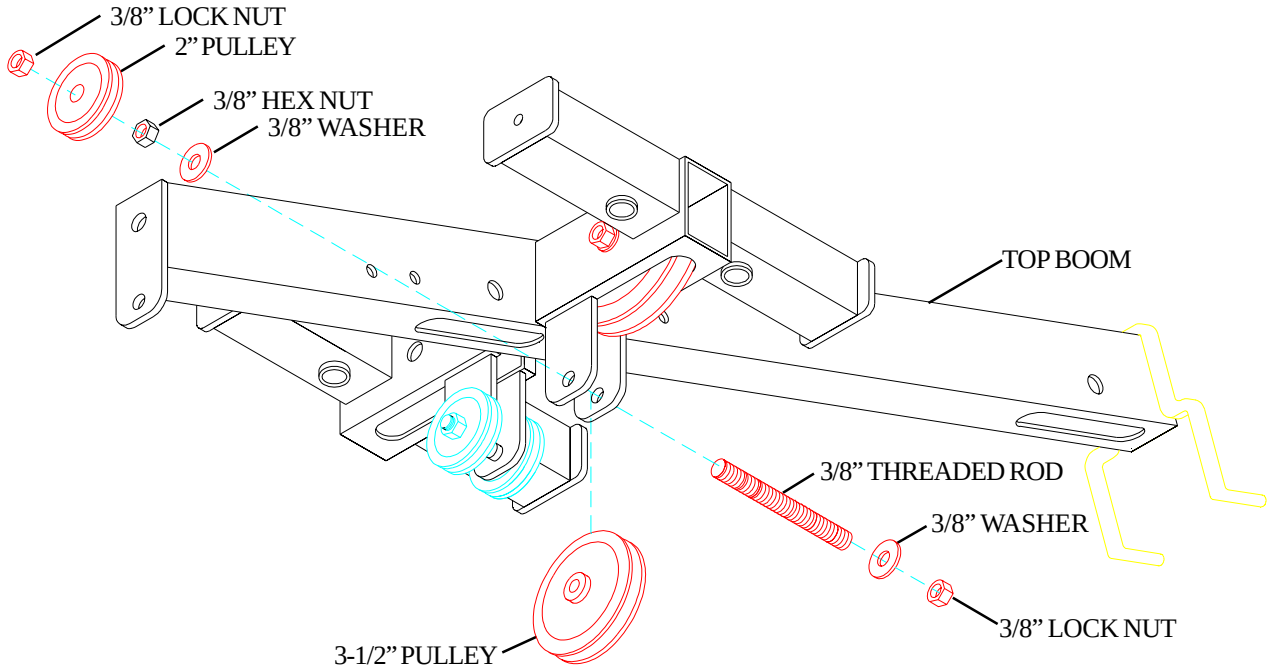
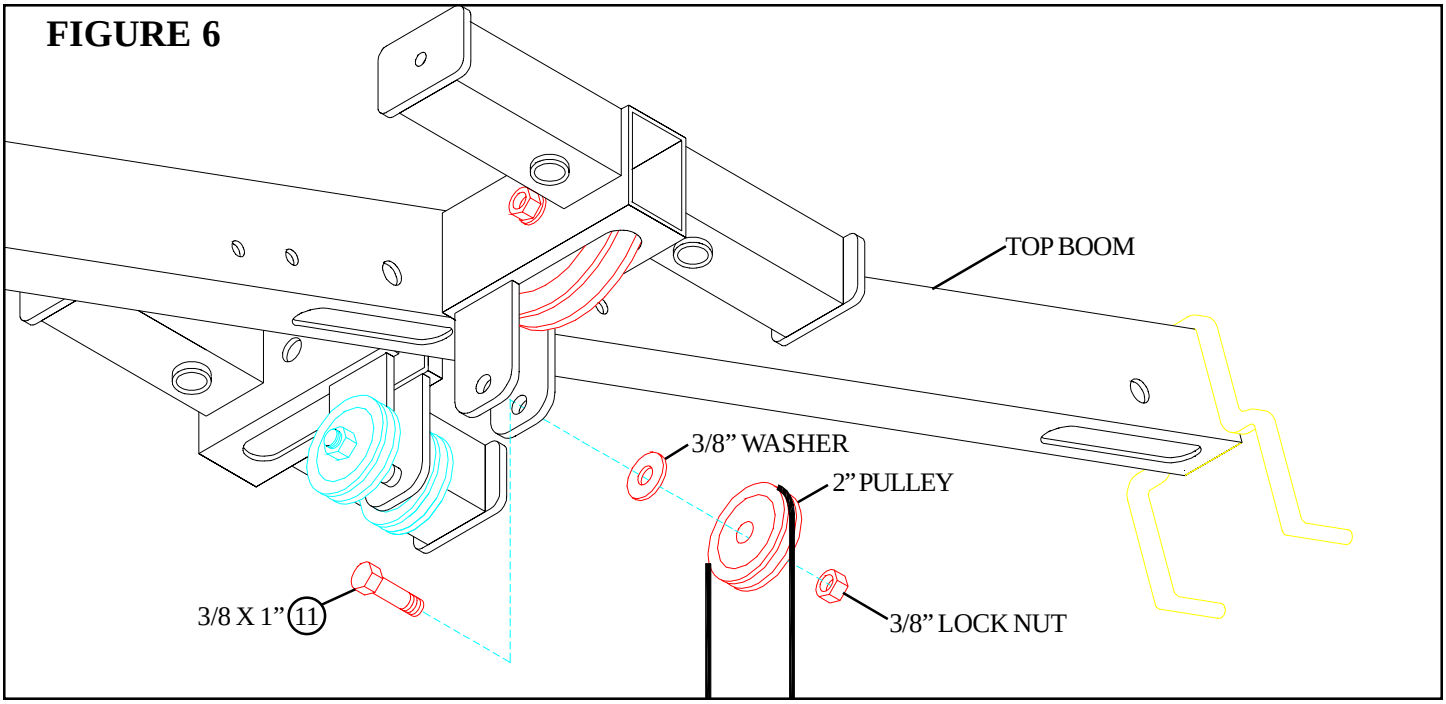


FIGURE 5



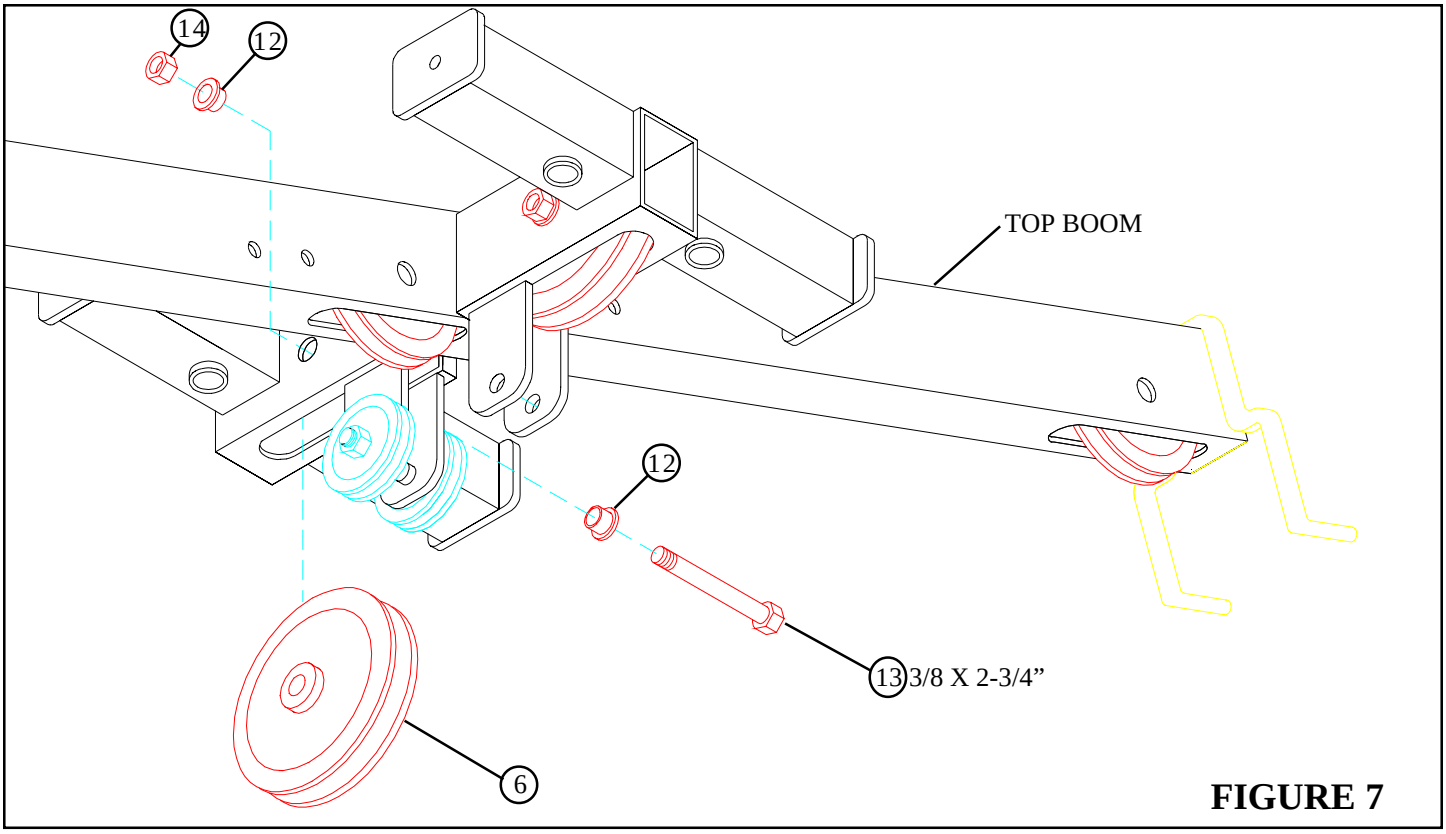
STEP 5

- Remove one 3-1/2" PULLEY, one 3/8" THREADED SHAFT, two 3/8" WASHERS, one 2" PULLEY (two if the 435104 is installed), one 3/8" HEX NUT and two 3/8" LOCK NUTS from the bracket on the TOP BOOM. See FIGURE 5.
- Discard the 3-1/2" PULLEY and the 3/8" THREADED SHAFT.
- **(NOTE: If the 100101 LEG PRESS OPTION is installed proceed to STEP 6 otherwise proceed to STEP 7.)**



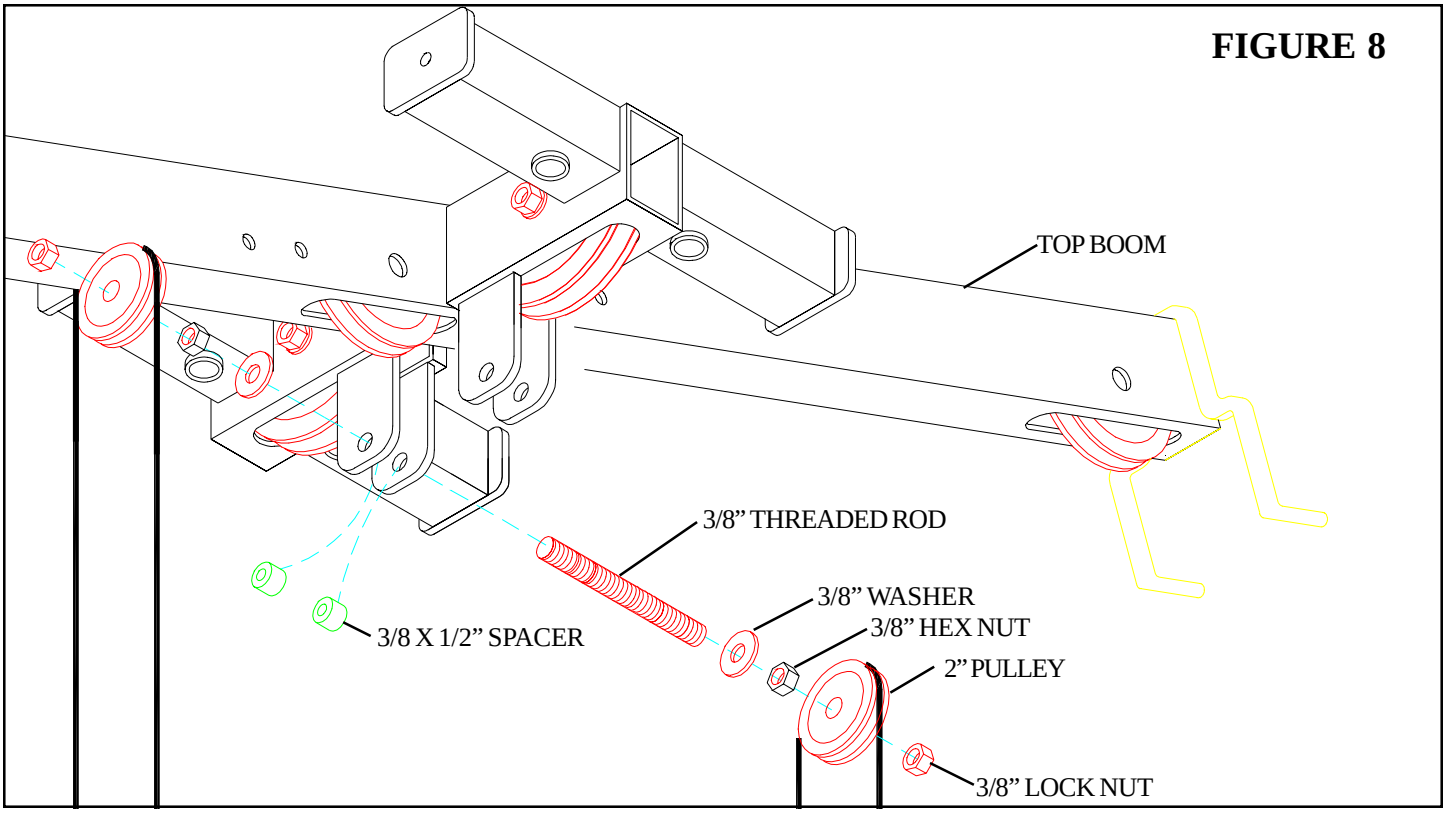
STEP 6

- **(NOTE: STEP 6 is only completed if the 100101 LEG PRESS OPTION is installed otherwise proceed to STEP 7.)**
- Assemble the previously removed 2" PULLEY to the bracket on the TOP BOOM using one 3/8 X 1" BOLT (11), one previously removed 3/8" WASHER, and one previously removed 3/8" LOCK NUT. See FIGURE 6.
- Assemble the previously removed ELASTIC CORD over the 2" PULLEY as shown in FIGURE 6.



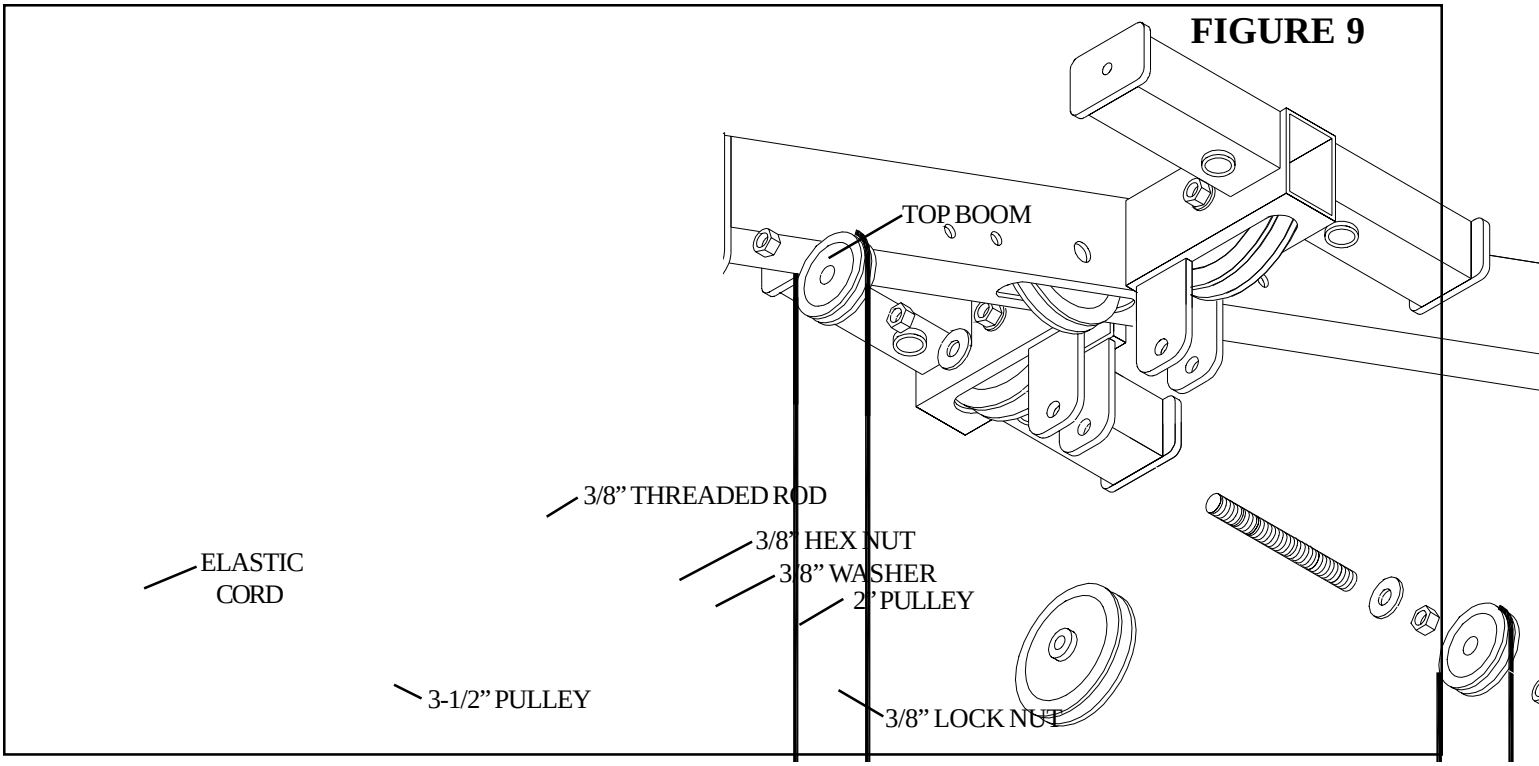
STEP 7

- **LOOSELY** assemble one 4-1/2" PULLEY (6) to the TOP BOOM using one 3/8 X 2-3/4" BOLT (13), two 3/8" FLANGE SPACERS (12), and one 3/8" LOCK NUT (14). See FIGURE 7.



STEP 8

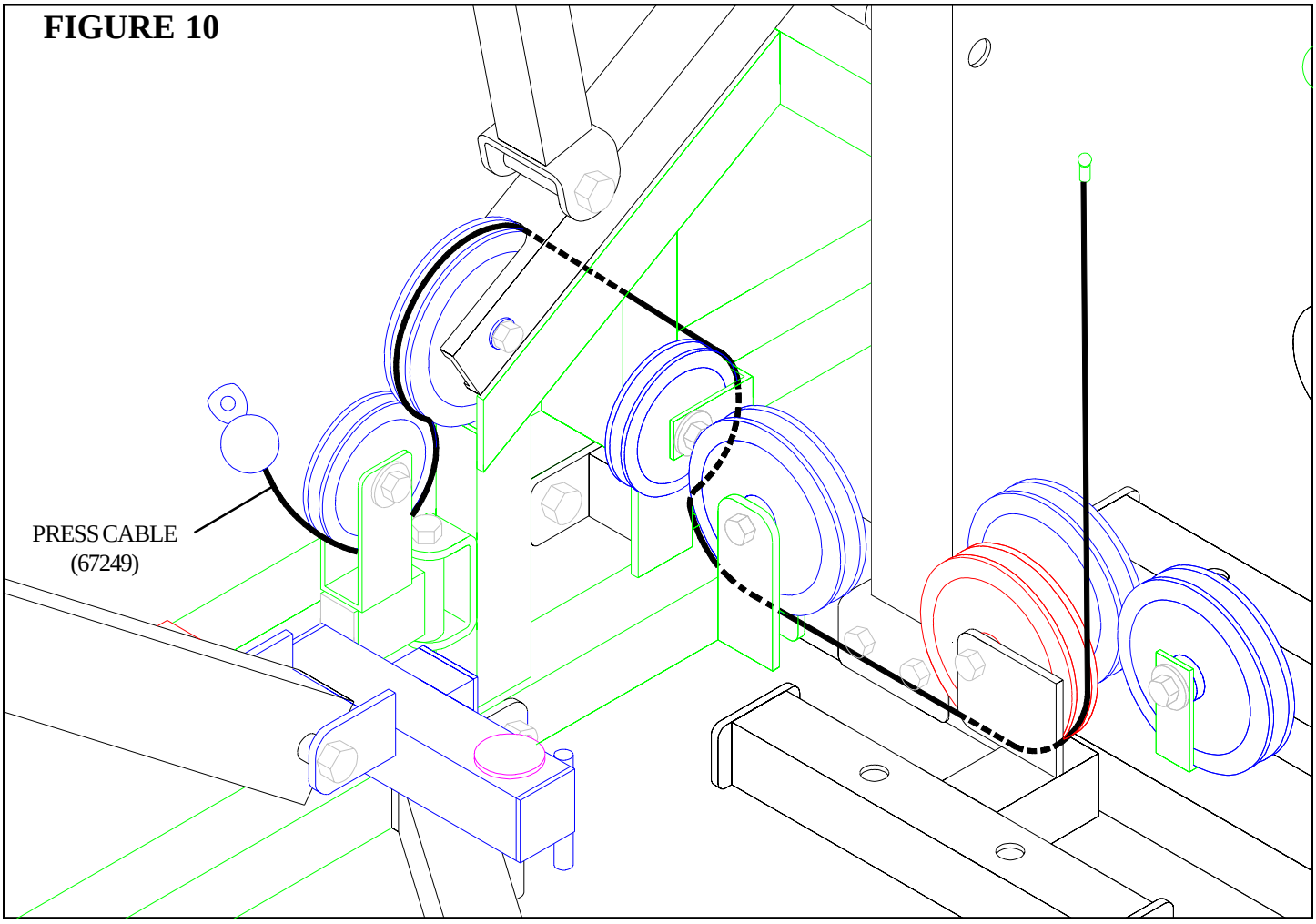
- Remove two 2" PULLEYS to the rear bracket on the TOP BOOM using one 3/8" THREADED SHAFT, two 3/8" WASHERS, two 3/8" HEX NUTS, and two 3/8" LOCK NUTS as shown in FIGURE 8.
- Discard the two 3/8 X 1/2" SPACERS.



STEP 9

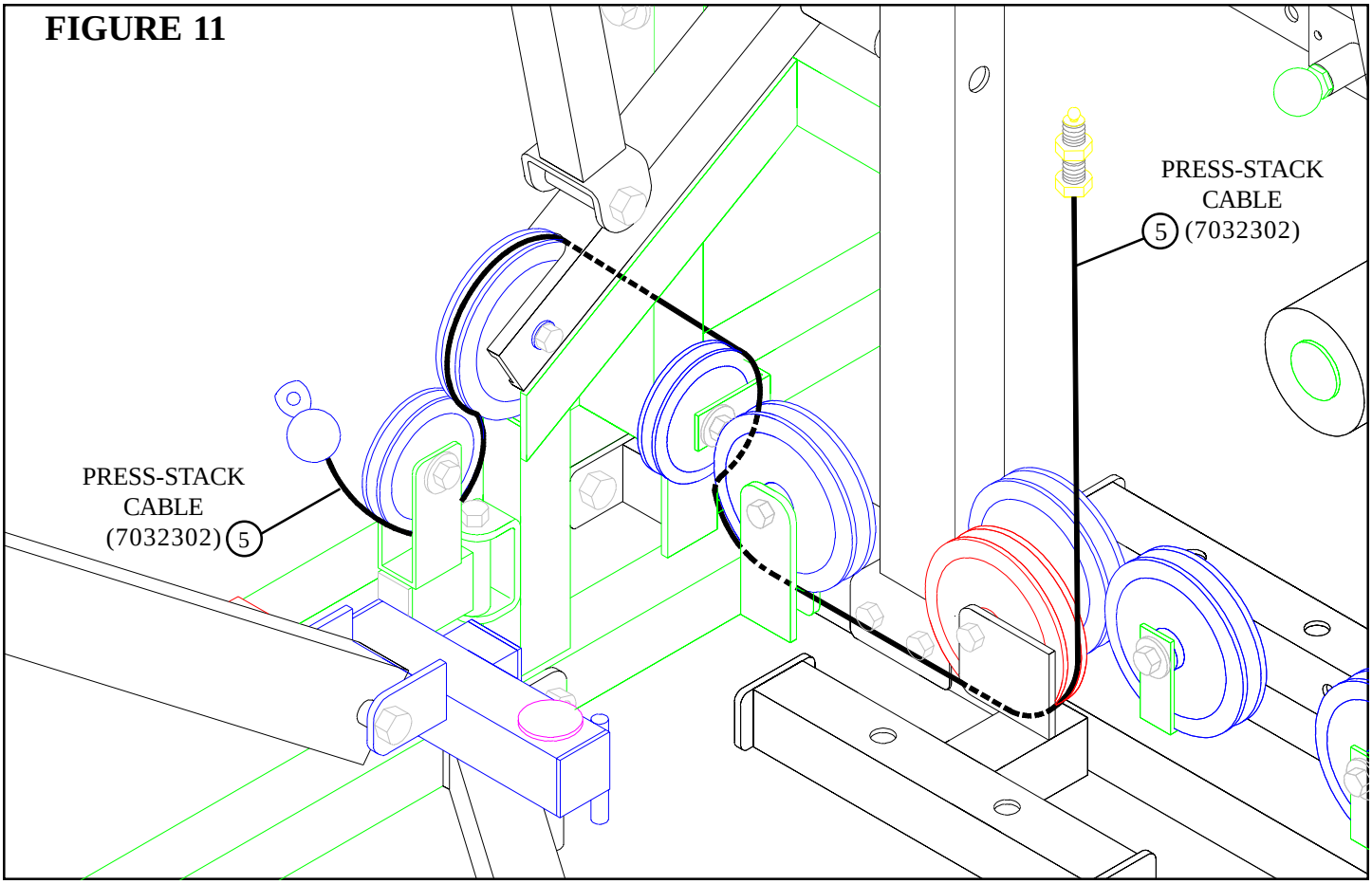
- **SECURELY** assemble the two previously removed 2" PULLEYS, one previously removed 3/8" THREADED SHAFT, one previously removed 3-1/2" PULLEY, two previously removed 3/8" WASHERS, two previously removed 3/8" HEX NUTS, and two previously removed 3/8" LOCK NUTS to the rear bracket on the TOP BOOM as shown in FIGURE 9.
- Position the elastic cords over the 2" PULLEYS as shown in FIGURE 9.

FIGURE 10



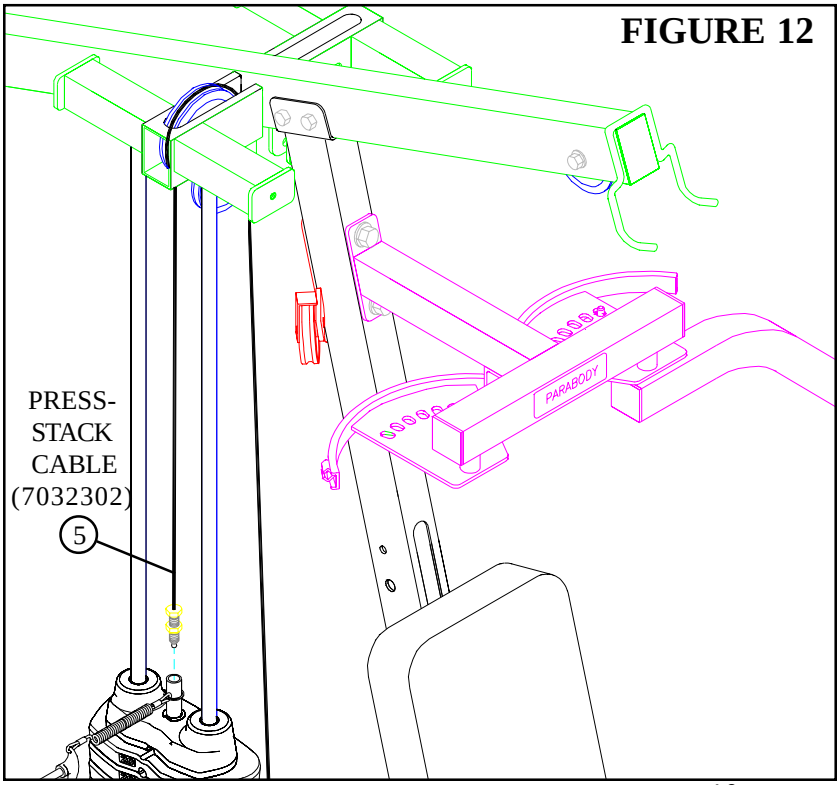
STEP 10

- **Carefully** remove and discard the PRESS CABLE as shown in FIGURE 10.



STEP 11

- Route the new PRESS-STACK CABLE (5) around the pulleys and l-brackets as shown in STEP 11. **(Remove pulleys for ease of installation.)**



STEP 12

- **To assemble the PRESS-STACK CABLE (5) follow the cable routing as shown and use the following steps:**
  - Route the thread end of PRESS-STACK CABLE (5) up and over the PULLEY in the TOP BOOM above the WEIGHT STACK. **(Remove pulley for ease of installation.)**
  - Screw the threaded end of the PRESS-STACK CABLE (5) approximately 1" into the end of the SELECTOR SHAFT of the HEAD PLATE on the WEIGHT STACK as shown in FIGURE 12.
  - **SECURELY** tighten the pulley connection from the previous step.

STEP 13

- Snap two WEIGHT PLATE BUSHINGS (17) each, into the " top" side of fifteen WEIGHT PLATES (16) as shown in FIGURE 13.

- Slide the WEIGHT PLATE SHAFT (2) thru the hole in the HEAD PLATE(4), and lock in place using one 3/4" E-RING (18) as shown in FIGURE 13.

FIGURE 13

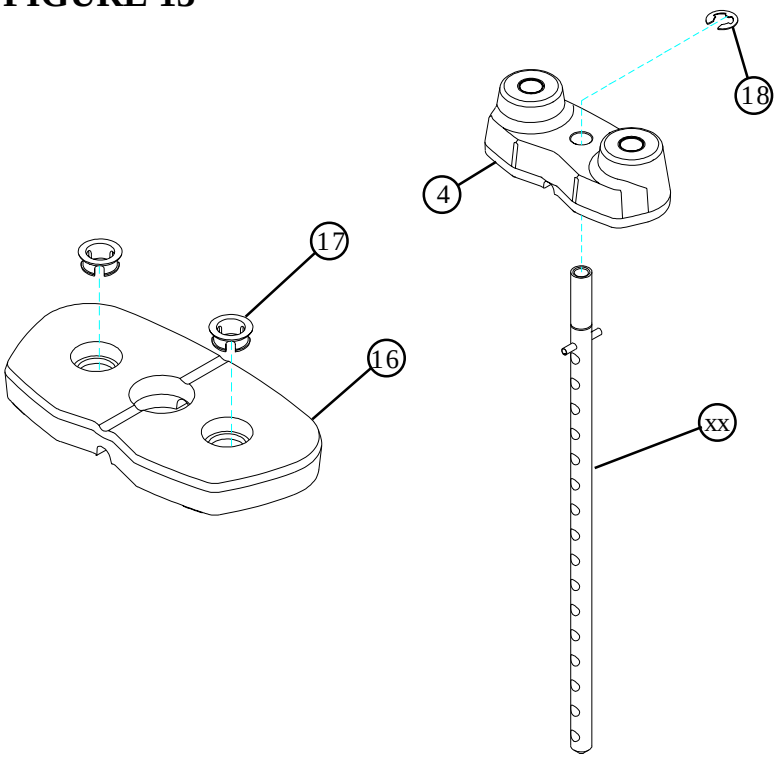
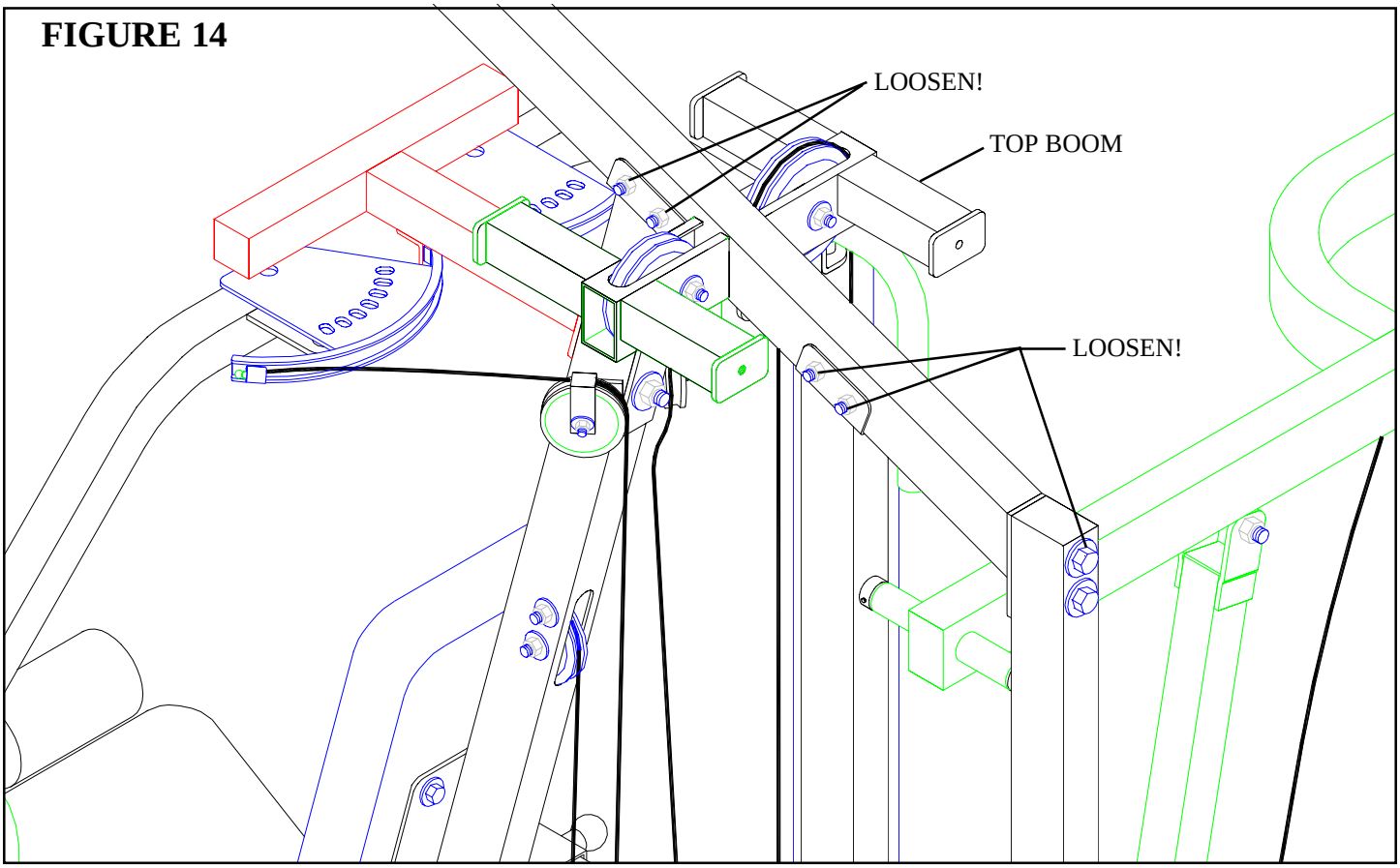
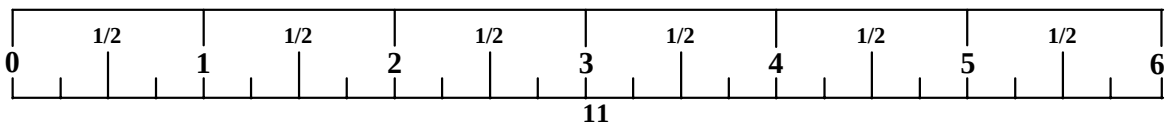


FIGURE 14



STEP 14

- **LOOSEN** the bolts holding the TOP BOOM to the UPRIGHTS. Bolts will have to be removed to install GUIDE RODS (1). See FIGURE 14.



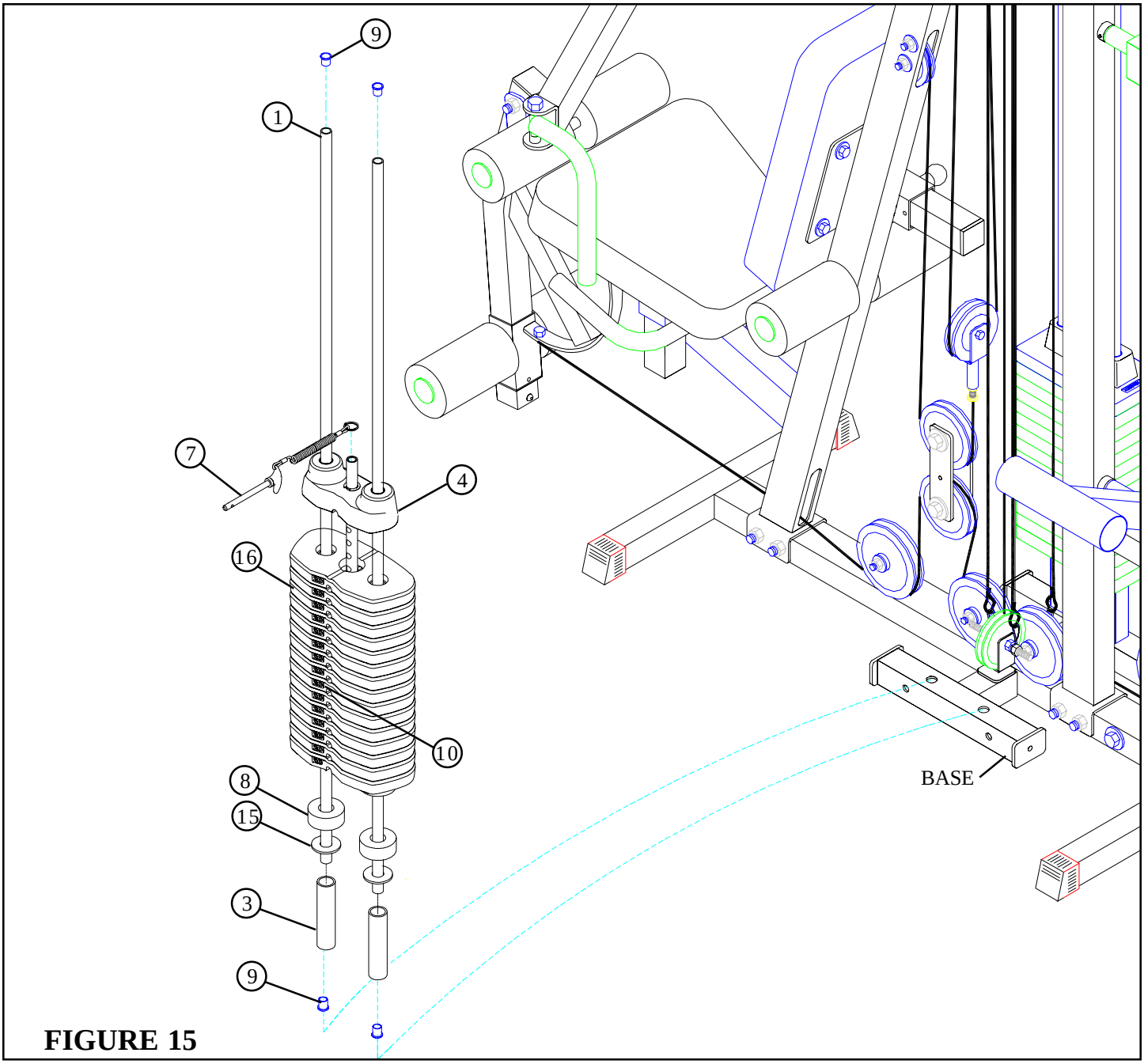


FIGURE 15

STEP 15

- Insert four CAP PLUGS (9) into the top and bottom ends of the GUIDE RODS (1) as shown in FIGURE 15.

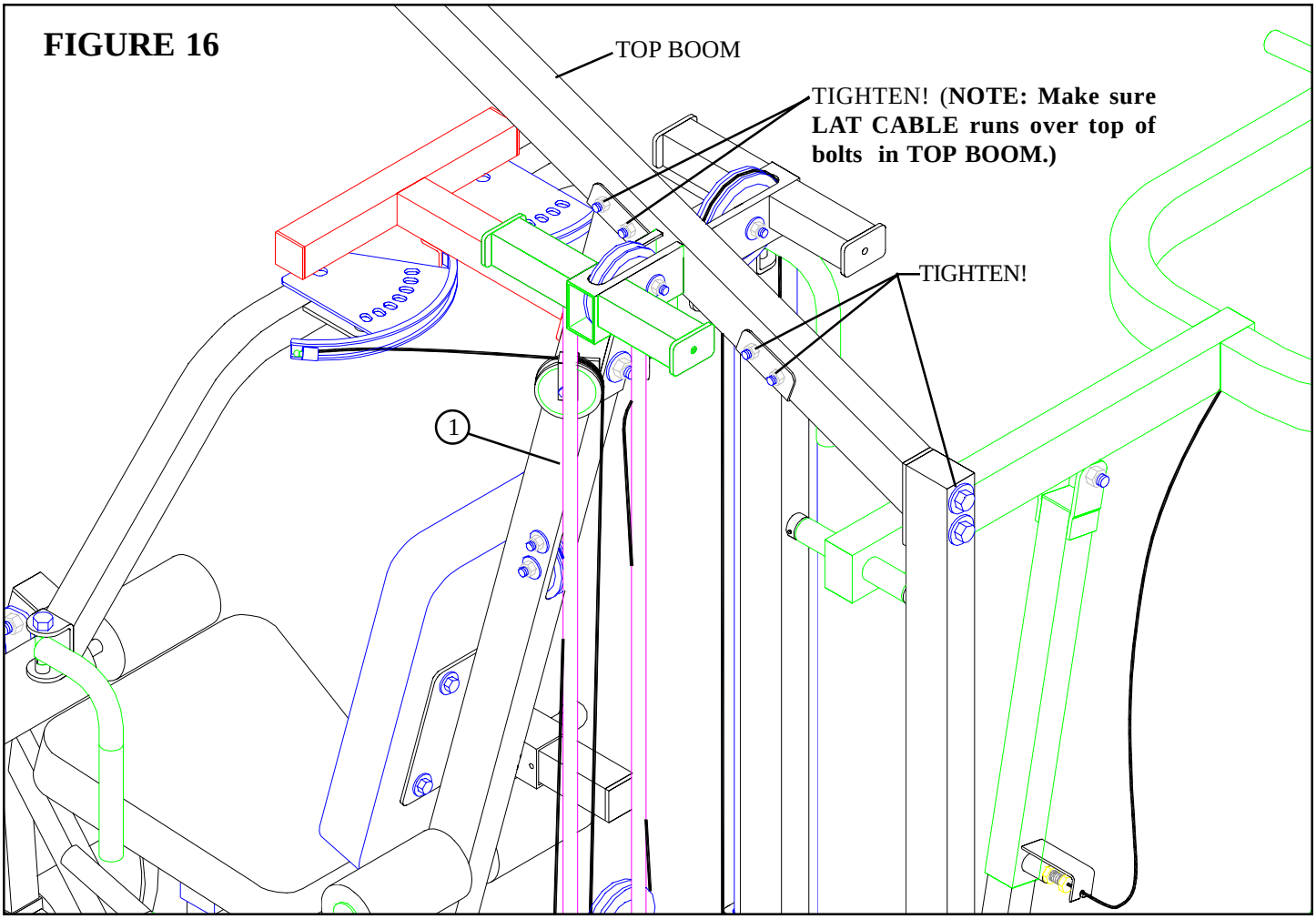
- Insert two GUIDE RODS (1) into the BASE as shown on FIGURE 15. **(NOTE: Lubricate GUIDE RODS (1) with silicon or teflon spray available at most hardware stores.)**

- Slide two WEIGHT STACK SPACERS (3), two 3/4" WASHERS (15), and two WEIGHT STACK CUSHIONS (8) - **IN THAT ORDER** - down over the GUIDE RODS (1).

- Using **EXTREME CARE** slide all fifteen WEIGHT PLATES (16) down over the GUIDE RODS (1) on to the WEIGHT STACK CUSHIONS (8). Make sure that the keyholes of the WEIGHT PLATES (16) are all facing the right way. **(NOTE: If the 216101 50 LB. ADD-KIT is purchased refer to the 216101 ASSEMBLY INSTRUCTIONS now.)**

- Slide the head plate assembly down over the GUIDE RODS (1) onto the weight stack.

- Attach the WEIGHT STACK LABELS (10) to the weight stack. Also slide the WEIGHT STACK PIN (7) over the HEAD PLATE (4) as shown in FIGURE 15.

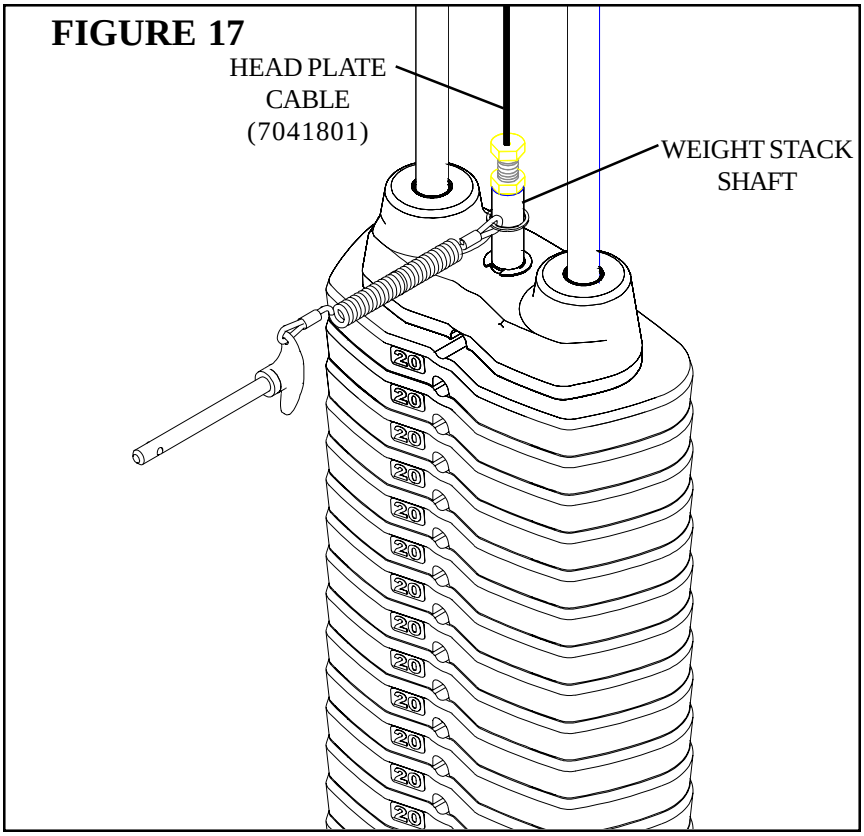


STEP 16

- **CAREFULLY** lift or tilt the TOP BOOM and insert all GUIDE RODS into the bushings. See FIGURE 16.
- With the GUIDE RODS (1) securely held in the TOP BOOM. Tighten all TOP BOOM connections. **(NOTE: Make sure the LAT CABLE runs over the top of the bolts in the TOP BOOM.)**

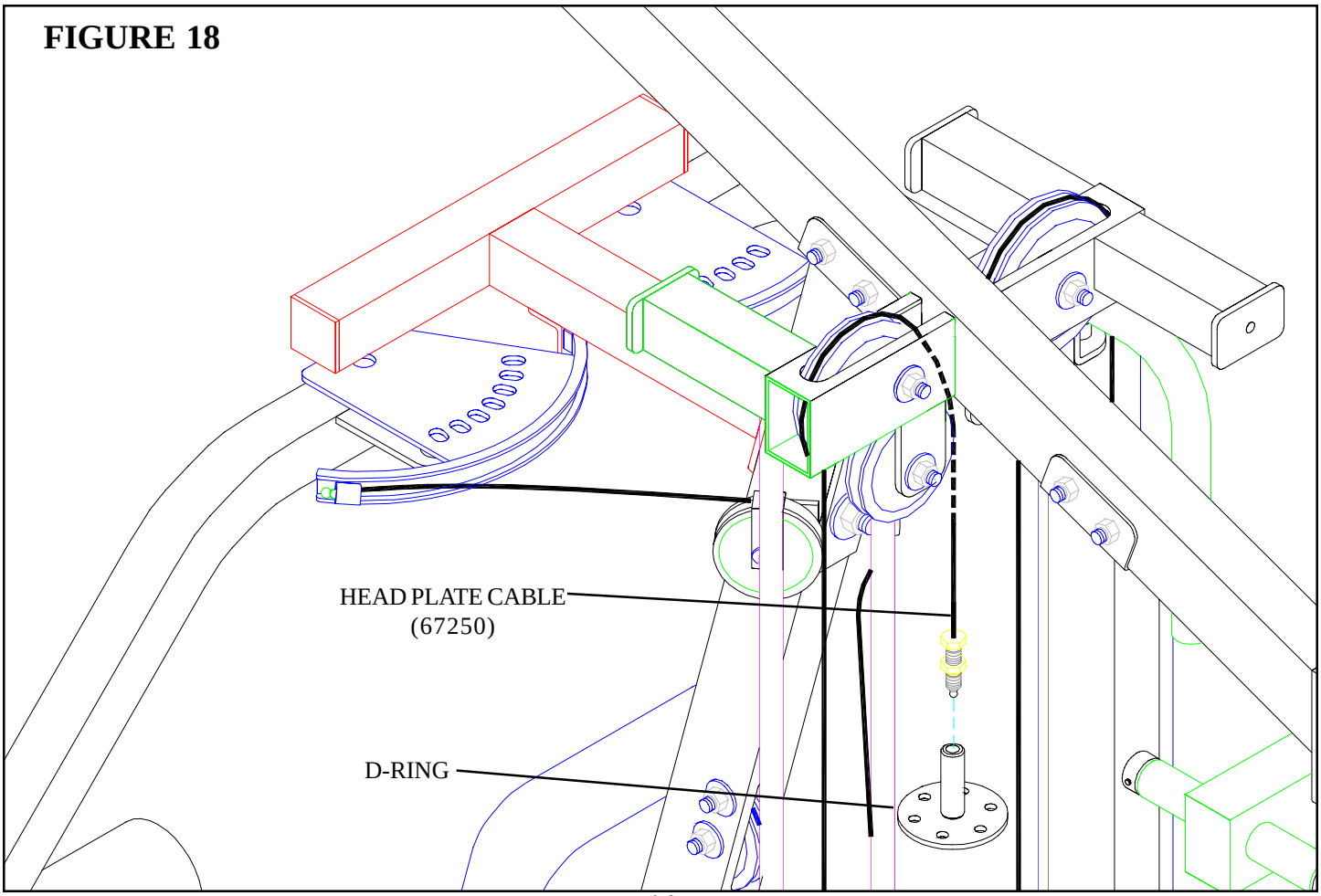
STEP 17

- Screw one of the threaded ends of the previously removed HEAD PLATE CABLE approximately 1" into the end of the WEIGHT STACK SHAFT. See FIGURE 17.



STEP 18

- Route the thread end of HEAD PLATE CABLE up and over the PULLEYS in the TOP BOOM above the WEIGHT STACK. **(Remove pulleys for ease of installation.)**
- Screw the other threaded end of the HEAD PLATE CABLE approximately 1" into the end of the shaft on the D-RING. See FIGURE 18.
- **SECURELY** tighten the pulleys connection from the previous step.
- Adjust out any slack in the two cable systems. (Refer to your 660101 instructions for the proper procedures.)



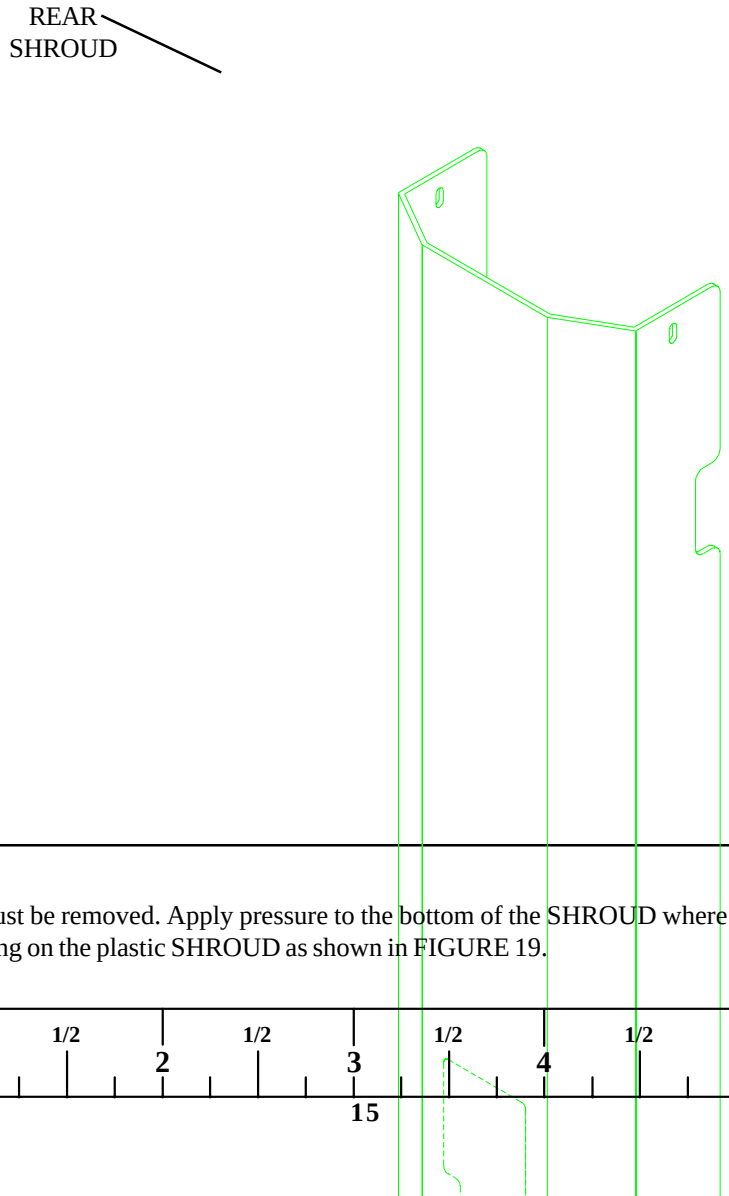
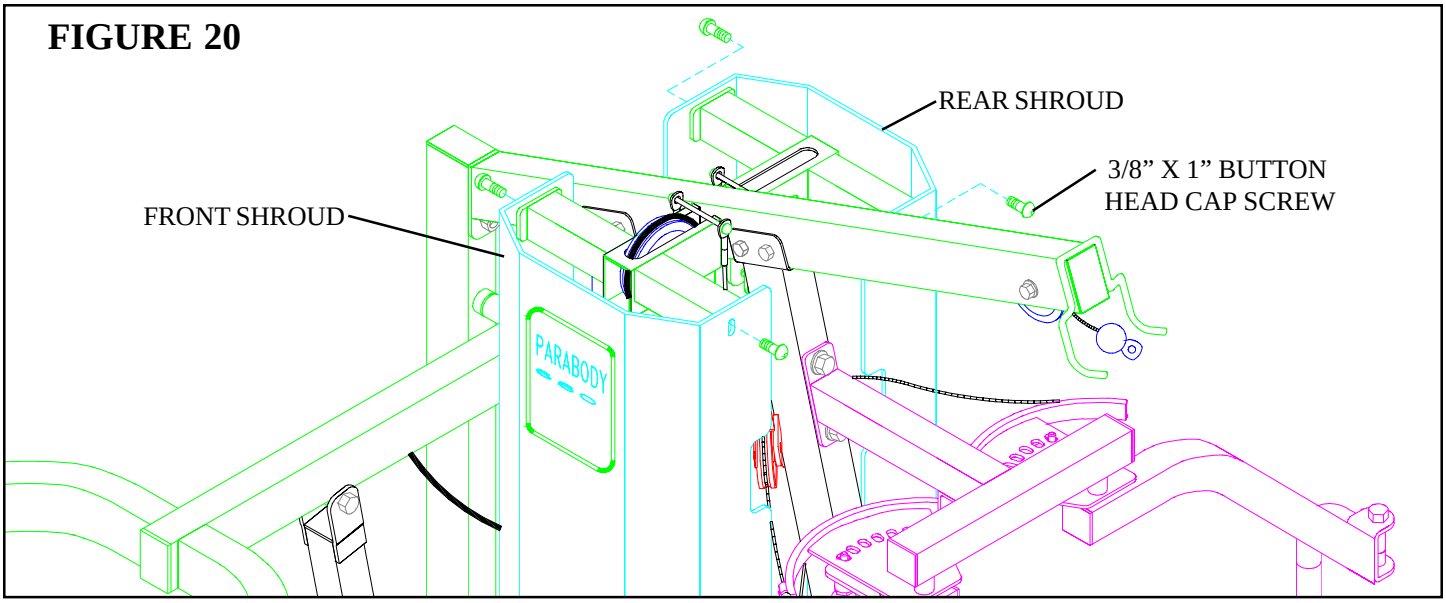


FIGURE 19

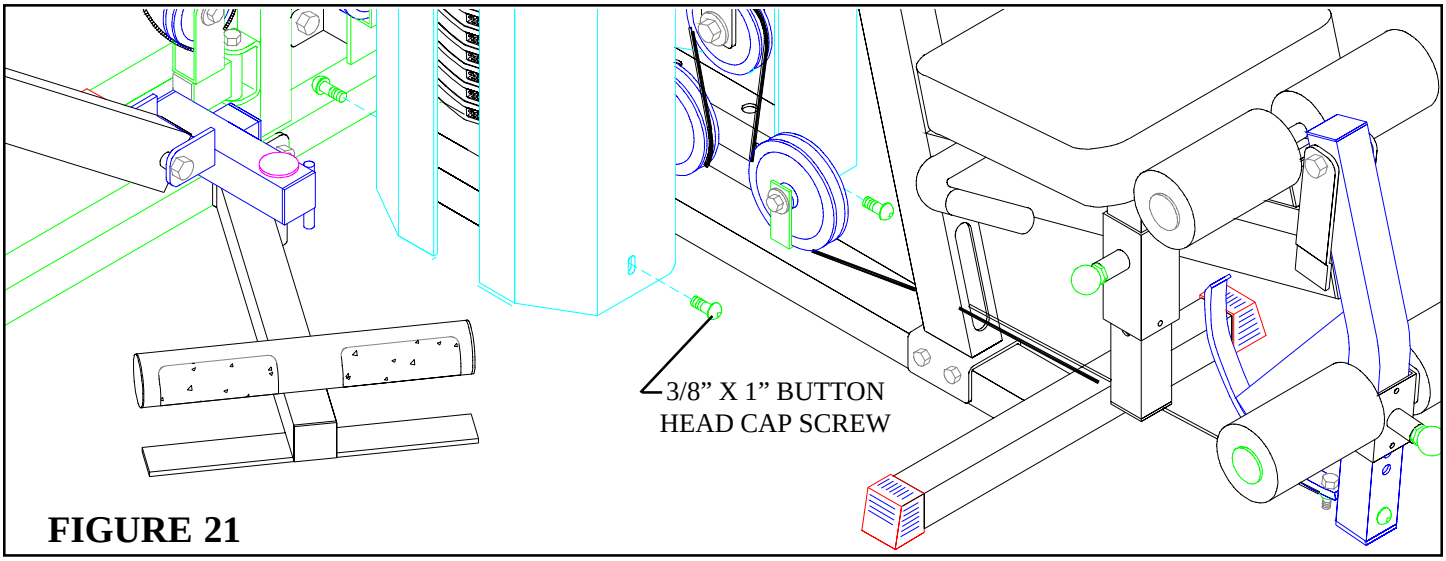
STEP 19

- The rear SHROUD opening must be removed. Apply pressure to the bottom of the SHROUD where the “V” groove is and carefuly remove the weight stack opening on the plastic SHROUD as shown in FIGURE 19.



STEP 20

- **SECURELY** attach the four previously removed 3/8” X 1” BUTTON HEAD CAP SCREWS from the top of the front SHROUD & rear SHROUD. See FIGURE 20.



STEP 21

- **SECURELY** attach the four previously removed 3/8” X 1” BUTTON HEAD CAP SCREWS from the bottom of the front SHROUD & rear SHROUD. Remove the SHROUDS from the 425103 HOME GYM. See FIGURE 21.
- The PRESS STATION and SWIVEL LOW PULLEY are now operated with the front stack and the LAT, PEC, and LEG STATION are now operated with the rear stack.

MAINTENANCE

Please note:

* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your ParaBody customer service representative at (800) 328-9714.

* Inspect equipment daily. Tighten all loose connections are replace worn parts immediately. Failure to do so may result in serious injury

* Lubricate guide rods with a teflon based (or equivalent) lubricant on a regular basis

*** PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.**

MODEL #_____

SERIAL #_____

DATE OF PURCHASE: _____

DEALERS NAME: _____

DEALERS PHONE #_____

Thank you for purchasing the ParaBody 663 600 Second Stack Option.

LIMITED WARRANTY

ParaBody extends the following LIMITED WARRANTY to the original owner of the ParaBody products. The Warranty terms apply to IN HOME USE ONLY.

1. LIMITED WARRANTY ON FRAME AND WELDS. If the frame of the ParaBody product or a weld should crack or break, it will be repaired or replaced by ParaBody. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

2. LIMITED WARRANTY ON PARTS. If the following parts are defective in material or workmanship, ParaBody will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumbscrews, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

3. LIMITED WARRANTY ON CABLES AND UPHOLSTERY. If the coated cables or upholstery are defective in material or workmanship, ParaBody will repair or replace them, at its option. Terms: Three (3) years.

4. CONDITIONS AND EXCEPTIONS. Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized ParaBody Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of ParaBody will void this Limited Warranty.

5. REPLACEMENT AND REPAIR EXPENSES. ParaBody will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the ParaBody product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to ParaBody; and c. all necessary or incidental costs related to installation of the replacement parts.

6. SHIPPING. If shipping by the Owners is deemed necessary (in sole discretion of ParaBody), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. ParaBody will not assume any responsibility for any loss or damage incurred in shipping.

7. CLAIM PROCEDURES. If service on your ParaBody product is required during the warranty period, please contact our Customer Service Department at 1-800-328-9714 for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.

8. OWNER'S RIGHT. This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.

9. LIMITATION OF IMPLIED WARRANTIES. All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.

10. DISCLAIMER. No other express warranty has been made or will be made on behalf of ParaBody with respect to any ParaBody product or the operation, repair or replacement of any ParaBody product. ParaBody shall not be responsible for injury, loss of use of the ParaBody product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

NOTES:

LifeFitness
14150 Sunfish Lake Blvd. Ramsey Minnesota, 55303 U.S.A.
Tel: 763.323.4500 Fax: 763.323.4797
800.328.9714 (Toll-free within the U.S. and Canada)
www.parabody.com

INTERNATIONAL OFFICES

LifeFitnessAtlantic BV
Atlantic Headquarters
Bijdorpplein 25-31
2992 LB Barendrecht
The Netherlands
Phone: (180) 646 666
Fax: (180) 646 703

LifeFitness (UK) Ltd.
Queen Adelaide
Ely, Cambs CB7 4UB
United Kingdom
Phone CSS: (01353) 665507
Fax CSS: (01353) 666719

LifeFitness EUROPE GmbH
Siemensstrasse 3
85716 Unterschleissheim
Germany
Phone: (089) 31 77 51-0
Fax: (089) 31 77 51 99

LifeFitness Benelux N.V.
Bijdorpplein 25-31
2992 LB Barendrecht
The Netherlands
Phone: 31 (180) 64 66 69
Fax: 31 (180) 64 66 99

LifeFitness Italia S.R.L.
Via Elvas 92
39042 Bressanone
Italy
Phone: 39 (472) 835-470
Fax: 39 (472) 833-150

LifeFitness Japan
8/F, Nippon Brunswick Building
5-27-7 Sendagaya
Shibuya-Ku, Tokyo 151-0051
Japan
Phone: 81 (3) 3359-4309
Fax: 81 (3) 3359-4307

LifeFitness Asia Pacific Limited
Room 2610, Miramar Tower
132 Nathan Road, Tsimshatsui
Kowloon, Hong Kong
Phone: (852) 2891-6677
Fax: (852) 2575-6001

LifeFitness Do Brazil
Al. Rio Negro, 433-Predio 2-Sala 2
3º andar (Confab)
Aplhaville-Barueri-Sao Paulo
CEP: 06454-904
Brazil
Phone: 55 (11)7295-2217
Fax: 55 (11) 7295-2218